



## Minimal Residue Diet

### General Description

This diet includes only those foods and beverages which, following digestion, leave a minimal amount of residue in the bowel. In procedures using a contrast medium to visualize the bowel, the uniformity of the residue content of the small bowel is critical in making definitive diagnosis possible<sup>1</sup>. Residue is defined as the total of undigested or unabsorbed food and metabolic or bacterial products that contribute to stool volume<sup>2,3</sup>. Additionally, the minimal residue diet omits foods known to increase fecal output (i.e., prunes) and limits excess fat, since fat can delay gastric emptying and thus slow intestinal transit time.

### Indications for Use

The minimal residue diet is intended for use alone or in combination with the clear liquid diet in preparation for procedures requiring evacuation of the bowel. The diet is rarely used for longer than one to three days and is not intended for use as a long-term therapeutic diet.

### Guidelines

- Limit dietary fat to 50-60 grams/day.

### Minimal Residue Diet

Food Groups	Foods Allowed	Foods Not Allowed
Dairy	None	All milk, and milk products, yogurt, cheeses, cream.
Meat or Substitute	Well cooked tender beef, veal, lamb, liver, pork, ham, poultry, fish.	Fried meats, poultry or fish; peanut butter, smooth or chunky.
Eggs	Scrambled, poached, hard cooked or soft cooked eggs.	All others.
Potato or Substitute	Noodles, refined rice, spaghetti, and macaroni.	Potatoes, hominy, brown rice.
Vegetables	Tomato juice.	All others.
Fruit & Fruit Juices	Clear or strained fruit juices.	All other fruits or fruit juices.
Breads & Cereals	Saltines, matzo; cooked rice cereals or refined wheat cereals, made with water.	All breads and other cereals.

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Fats	Limit 4 tsp./day: margarine, butter, cooking fats, oil, mayonnaise, mildly spiced salad dressings, non-dairy creamers. (1 slice crisp bacon can be substituted for 1 tsp. fat).	All others.
Beverages	Black coffee, decaffeinated coffee, tea, carbonated beverages, clear fruit drinks.	All others.
Soup	Bouillon, clear broth.	All others.
Desserts/Sweets	Gelatin, fruit ice, angel food cake, popsicles, plain cookies.	All others.
Miscellaneous	Salt, pepper, jelly, sugar, honey, syrup, catsup.	Cloves, garlic, seed spices, chili sauce, olives, pickles, nuts, popcorn, mustard, steak sauce, barbecue sauce, marmalade, jam.

**Suggested Meal Plan**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Clear Fruit Juice	Clear Fruit Juice	Clear Fruit Juice
Cream of Rice	Broth	90 gms Meat or Substitute
Egg	60 gms Meat or Substitute	Noodles or Rice
Matzo or Saltines	Noodles or Rice	Gelatin
Margarine	Fruit Ice	Saltines
Jelly	Saltines	Margarine
30 cc Non-dairy Creamer	Margarine	Beverage
Beverage	Beverage	

**References**

1. Payne-Jeremiah, W.D. Pre-radiographic bowel preparation: a comprehensive reappraisal of factors. Radiography, XLIII(505)3-14, 1977.
2. Turner, D. Handbook of Diet Therapy, 5th Ed. Chicago, University of Chicago Press, 1970.
3. Kramer, P. The meaning of high and low residue diets. Gastroenterology, 47:649, 1964.